

Diabetes Education *presents*



BAY REGION

mclaren.org/bayregion

Diabetes Self-Education

**NEW LOCATION: 400 S. Trumbull St.
Bay City, Michigan**

DIABETES EDUCATION CLASSES - Group and Individual Sessions

Diabetes Self-Care Education series is offered through McLaren Bay Region. A total of three 3-hour sessions and a follow-up class with certified diabetes education nurses and registered dietitians are offered weekly at various times, including evening hours.

Call Diabetes Education at 989-894-9528 to schedule group Education Classes.

Topics include:

- Diabetes Diagnosis and Progression
- Meal Planning and Carbohydrate Counting
- Goal Setting
- Knowing Your Numbers
- Preventing Complications
- Heart Healthy Eating
- Stress Management

Gestational Diabetes Classes: *Call Diabetes Education at 989-894-9528.*

Class is 1 1/2 to 2 hrs.

Individual Classes: *Call Diabetes Education at 989-894-9528 to schedule.*

- Adults, children and adolescents
- Insulin Pumps
- Insulin and injectable medication administration
- Glucose Monitors
- Continuous Glucose Sensors
- Individual sessions available if patient has language problems, learning challenges, etc.

McLaren Bay Region's Diabetes Self-Care Education Program is certified by the State of Michigan Department of Community Health and has met the educational standards established by the American Association of Diabetes Educators.

McLaren Bay Region Area Map

